

## FOR MORE INFORMATION

Washington State Department of Social  
and Health Services – Division of Alcohol  
and Substance Abuse

### Problem Gambling Program

360-725-3813

[www1.dshs.wa.gov/dasa](http://www1.dshs.wa.gov/dasa)

### Washington State Council on Problem Gambling

206-546-6133

[www.wscpg.org](http://www.wscpg.org)

### Second Chance

[www.secondchancewa.org](http://www.secondchancewa.org)

### Teen Gambling Prevention Project

[www.timetofoldem.com](http://www.timetofoldem.com)

### National Council on Problem Gambling

[www.ncpgambling.org](http://www.ncpgambling.org)

### Gamblers Anonymous

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### Gam Anon

[www.gam-anon.org](http://www.gam-anon.org)

# PROBLEM GAMBLING AFFECTS EVERYONE



**“I DIDN’T THINK  
I COULD GET ADDICTED  
TO GAMBLING – I  
THOUGHT  
I WOULD RECOGNIZE  
THE SIGNS”**

– a 38-year old Helpline caller



Washington State Council  
on Problem Gambling



WASHINGTON HORSE  
RACING COMMISSION



Washington State  
Department of Social  
& Health Services

**DASA** Division of Alcohol  
& Substance Abuse

**WASHINGTON STATE  
PROBLEM GAMBLING HELPLINE**

**1-800-547-6133**

## QUESTIONS TO ASK YOURSELF TO SEE IF YOU MIGHT NEED HELP:

- ☐ Am I spending more time and more money on gambling?
- ☐ Am I spending a lot of time thinking about gambling?
- ☐ Have I tried to cut back or stop, but can't?
- ☐ Am I irritable or restless when I can't gamble?
- ☐ Does gambling help me escape the troubles of life and make me feel better?
- ☐ Have I gone back another day to win back my losses?
- ☐ Have I lied to people I care about to hide my gambling?
- ☐ Have I taken money that wasn't mine, written bad checks because of my gambling, or broken other laws?
- ☐ Have I neglected my family or job because of gambling?
- ☐ Have I borrowed money from others to pay bills?

## HELP IS AVAILABLE.

If you answered "yes" to any of these questions, you can find the treatment program near you by calling:

**1-800-547-6133**

**The call is free. It's confidential.  
The time is now.**

**WHEN GAMBLING CAUSES PROBLEMS  
WITH YOUR HEALTH, YOUR RELATIONSHIPS,  
YOUR JOB AND YOUR LIFE...**

## IT'S TIME TO MAKE A CALL.

More than 75,000 Washington State residents have a gambling problem. For each gambler, several other lives are affected.

Problem gambling does not discriminate – it can happen to anyone.

**For help. For answers. For you  
or someone you know, call us.**

**Washington State  
Problem Gambling Helpline**

**1-800-547-6133**

**Calling this number  
could be your best bet ever.**



**"MY HUSBAND HAS GAMBLED  
AWAY ALL OF OUR  
RETIREMENT SAVINGS"**

– a Helpline caller